

ATTITUDE OF SCHOOL STUDENTS TO PHYSICAL EDUCATION LESSONS

Neymatjon Mamadzhanov

Fergana State University, "Physical Culture Theory and Methodology"

department, professor, ph.f.n.

e-mail: neymadjon@bk.ru

Tolametov Abduljalil Abdujapparovich

*Professor of the Department of "Sports Psychology,
Social-Humanitarian and Natural Sciences" of the Institute for Retraining and Advanced
Training of Specialists in Physical Education and Sports*

e-mail: a.tolametov@sportedu.uz

Abstract. Physical education classes are important for schoolchildren and play a major role in their physical development, healthy lifestyle and development of social skills. In this study, the issues of clarifying the attitude of students to physical education classes are highlighted.

Key words: physical education, school children, physical development, healthy lifestyle, attitude, research, activity, education, motivation

Relevance. The implementation of large-scale work aimed at the further development of physical education and mass sports is one of the pressing problems of our time. To this end, the Resolution of the President of the Republic of Uzbekistan Shavkat Mirziyoyev dated June 3, 2017, No. PP-3031, including the Decree "On measures for the further development of physical education and mass sports" and the Decree "On measures to radically improve the system of state governance in the field of physical education and sports" dated March 5, 2018 No. PF-5368, set the task of implementing large-scale work to create modern conditions for the population, especially the younger generation, to regularly engage in physical education and mass sports in the country, and to systematically organize targeted training for the selection of talented athletes. [1,2]. This determines the need to develop consistent measures to popularize physical education and sports in Uzbekistan, create the necessary conditions and infrastructure to promote a healthy lifestyle among the population, especially young people, and ensure the country's worthy participation in international arenas [4].

The Decree of the President of the Republic of Uzbekistan No. PF-5924 dated January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" states that in order to popularize physical education among wide segments of the population, including secondary school students, students and students of professional and higher educational institutions, and to identify talented people among them, it is necessary to develop a system for holding the "General Education School Sports" festival, the "Institution with Developed Physical Training" competition in stages (district/city, region,

republic), and introduce a nomination for the best secondary school, professional and higher educational institution with a developed level of physical training” [3,6].

It is advisable to determine the characteristics of the formation of the attitude of secondary school students to physical education lessons by studying the level of acquired knowledge and physical fitness in physical education lessons. The issue of studying the attitude of the growing younger generation - students to such important values as a healthy lifestyle associated with physical education remains relevant.

Purpose of work. To determine the attitude of general secondary school students to the science of physical education and the practical significance of this issue.

Research methods. Conducting a questionnaire, analysis of scientific and methodical literature, study and generalization of best practice.

Nowadays, the use of innovative technologies in the organization of physical education classes is widespread in developed countries. These technologies allow students to spend their free time effectively and organize sports competitions. A solid system has been developed for sports competitions in the school, which is important for the formation of a healthy lifestyle of schoolchildren. Through this system, students can show maximum activity in physical education classes and participate in sports competitions in their spare time. This, in turn, is one of the important practical measures in promoting a healthy lifestyle.

Research methods. Conducting a questionnaire, analysis of scientific and methodical literature, study and generalization of best practice.

Nowadays, the use of innovative technologies in the organization of physical education classes is widespread in developed countries. These technologies allow students to spend their free time effectively and organize sports competitions. A solid system has been developed for sports competitions in the school, which is important for the formation of a healthy lifestyle of schoolchildren. Through this system, students can show maximum activity in physical education classes and participate in sports competitions in their spare time. This, in turn, is one of the important practical measures in promoting a healthy lifestyle.

Results and discussion of the study. In the study, 262 students (134 boys and 128 girls) from secondary schools in Fergana city participated in the online and offline questionnaire-survey.

According to the results of the online and offline questionnaire-survey, when the subjects taught at the educational level were analyzed by the level of importance, 76.1% of boys and 65.6% of girls identified the subject "Physical Education" as a priority subject. At the same time, it was observed that interest in physical education classes increases with age. The following subjects in terms of importance are computer science, technology, history, and geography.

It was also found that 6% of boys and 13.3% of girls have a negative attitude to physical education lessons, 17.9% of boys and 21.1% of girls have an indifferent attitude (Figure 1).

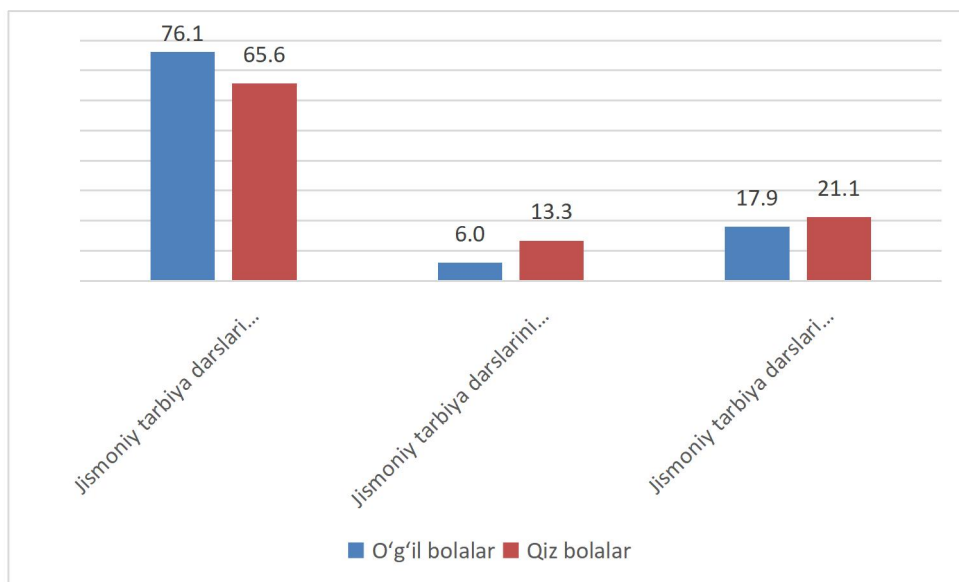


Figure 1. The results of respondents' answers to the question "Are physical education lessons an important lesson?"

When asked "How many times a week would you like to have physical education classes?", 45.5% of boys and 25% of girls indicated that they would like to have physical education classes 3 times a week, which is more than the number set by state education standards.

Also, 13.4% of boys and 28.9% of girls indicated that 2 times a week would be sufficient. 17.9% of boys and 17.2% of girls indicated that they would like to have 4 times a week, 9% of boys and 7% of girls 5 times a week, and 11.9% of boys and 3.1% of girls 6 times a week. Also, 2.2% of boys and 18.8% of girls who participated in the survey considered physical education classes 1 time a week to be sufficient (Figure 2).

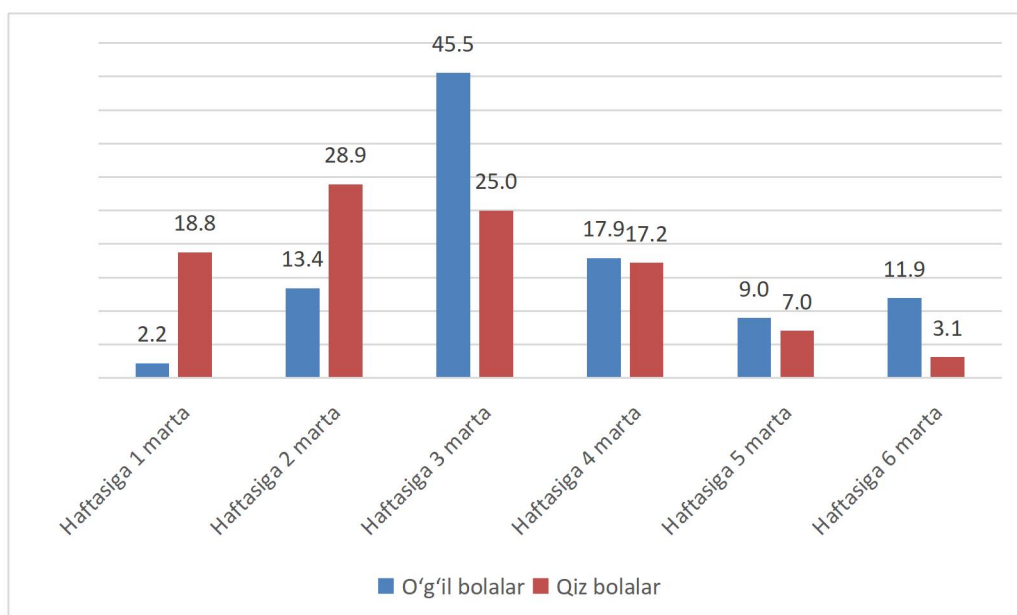


Figure 2. The results of respondents' answers to the question "How many times a week do you want physical education lessons?"

When asked the reasons for their negative attitude towards physical education lessons, 12.7% of boys and 9.4% of girls indicated a lack of sports equipment, 11.9% of boys and 6.3% of girls indicated a lack of variety in educational materials, 14.9% of boys and 25% of girls had difficulty giving a specific reason, and 60.4% of boys and 59.4% of girls indicated that they were satisfied with the current lessons (Figure 3).

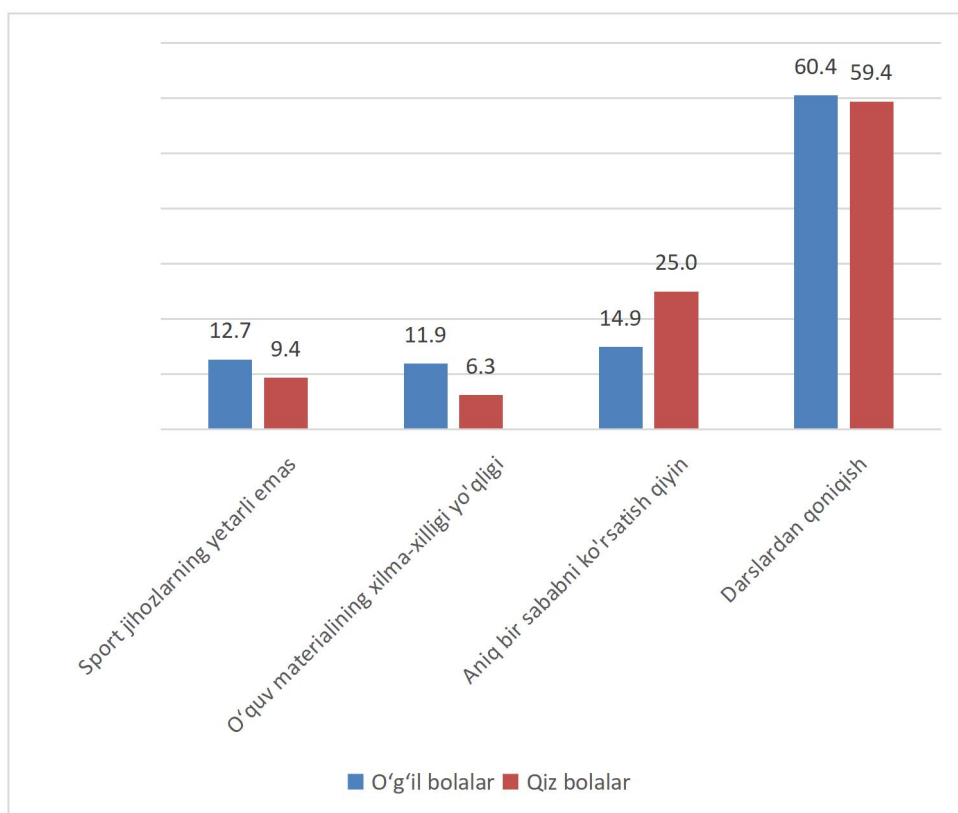


Figure 3. The results of respondents' answers to the question "What do you dislike in physical education classes?"

13.4% of boys and 9.4% of girls said volleyball, 16.4% of boys and 6.3% of girls basketball, and 43.3% of respondents to the question "Which sports would you like to practice more in physical education classes?" boys and 1.6% girls football, 17.9% boys and 60.9% girls table tennis and 9% boys and 21.9% of girls indicated that badminton sports should be included more in the physical education program (Figure 4).

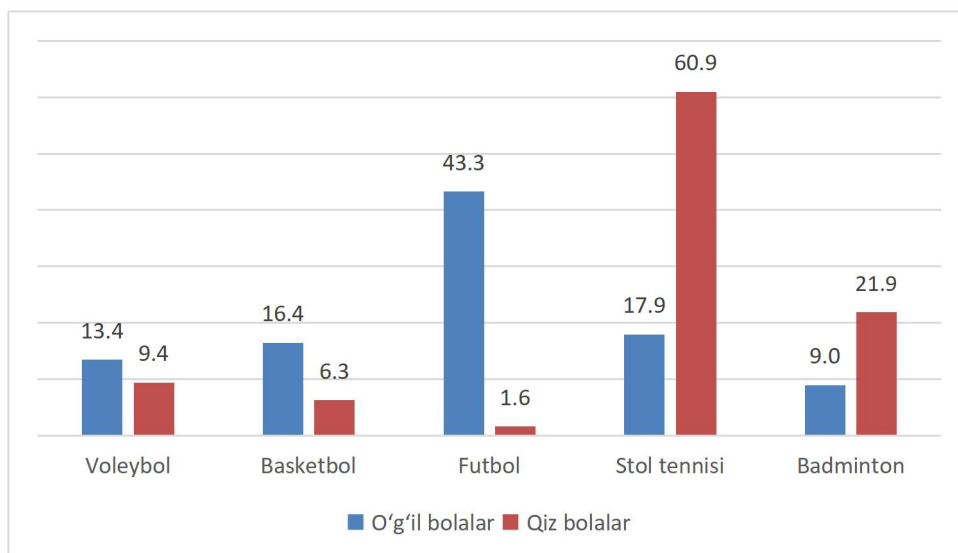


Figure 4. The results of the respondents' answers to the question "What kinds of sports would you like to do more in physical education classes?"

From the question "How often are sports competitions held in your school?", it became known to the respondents that sports competitions are held frequently (an average of 7 times a year), that is, 58% were held with boys and 42% with girls (5 - picture).

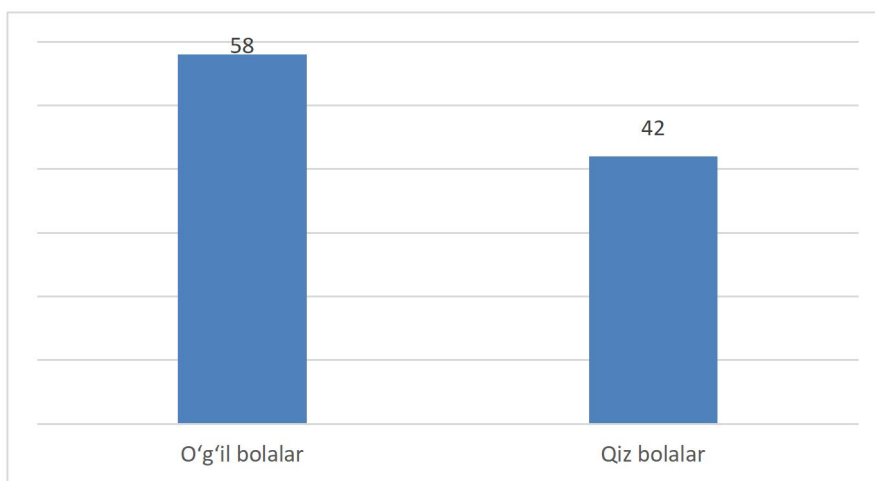


Figure 5. The results of respondents' answers to the question "How often are sports competitions held in your school?"

It was also found that the secondary schools studied held more football competitions among boys than among girls.

Conclusion. The main objective of the study was to determine the attitude and interest of secondary school students to sports competitions held online and offline through a questionnaire. It is necessary to develop a solid system for promoting a healthy lifestyle by

organizing more sports competitions in secondary schools so that students can spend their extracurricular time meaningfully and productively, and to pay more attention to competitions held with girls.

Sources used:

1. Ўзбекистон Республикасининг Президентининг 2017 йил 3 июндаги, “Жисмоний тарбия ва оммавий спортни янада ривожлантириш чора тадбирлари тўғрисидаги” ПҚ-3031-сон қарори.
2. Ўзбекистон Республикаси Президентининг 2018 йил 5 мартдаги “Жисмоний тарбия ва спорт соҳасида давлат бошқаруви тизимини тубдан такомиллаштириш чора-тадбирлари тўғрисида”ги ПФ-5368-сон Фармони.
3. Ўзбекистон Республикаси Президентининг 2020 йил 24 январдаги “Ўзбекистон Республикасида Жисмоний тарбия ва спортни янада такомиллаштириш ва оммалаштириш чора-тадбирлари тўғрисида” ПФ-5924-сонли фармони.
4. Axmatjon, Akbarov, and Tolametov Abdujalil Abdujaparovich. "WIFE-THE IMPORTANCE OF INVOLVING GIRLS IN PHYSICAL EDUCATION AND SPORTS ACTIVITIES." SHOKH LIBRARY (2025).
5. Mamadzhonov N., Relationship of age and dynamics of physical development of children and adolescents in fergana in ontogenesis/ current research journal of pedagogics 2(10): 138-146, October 2021 DOI: <https://doi.org/10.37547/pedagogics-crjp-02-10-26> ISSN 2767-3278
6. Mamadjanov N., Maktab o'quvchilarning jismoniy madaniyat qadriyatlariga munosabati/ Международная научно-практическая конференция "Теоретические - практические проблемы теории и методики физической культуры, спорта" 29 январ 2022 год.
7. Mamadjanov N., Tolametov A., AKBAROV A. JISMONIY TARBIYA DARSLARI JARAYONIDA TALABALARNING JISMONIY RIVOJLANISH KO 'RSATKICHLARI (TAJRIBA BOSHIDAGI NATIJALAR) //Journal of science-innovative research in Uzbekistan. – 2025. – T. 3. – №. 3. – C. 28-36.
8. Tolametov A.A., Umumta'lim maktablarda jismoniy tarbiya fanida zamonaviy axborot texnologiyalaridan foydalanishning dolzarb muammolari/“XALQ TA'LIMI” ilmiy-metodik jurnali. 2021. № 6.108-112 betlar.
9. Толаметов А. А., Аманов А. Н., Юсупханова Ф. А. МАМЛАКАТИМИЗДА ХОТИН-КИЗЛАР СПОРТИНИНГ ДОЛЗАРБ МУАММОЛАРИ //Fan-Sportga. – 2022. – №. 4. – C. 61-64.